



**LAN
SER
HOF**

LANSERHOF
DERMA THERAPY 2024

**LAN
SER
HOF**

LANSERHOF
DERMA THERAPY 2024



HEALTHY SKIN – NEW ENERGY

As the largest organ of the human body, the skin plays an essential role in the detoxification process. Our medically oriented Derma treatments therefore form a key component of the Lanserhof Concept, aiming to help revitalise the skin and promote health at the highest level of medical care.

At our Lanserhof resorts, we use advanced technologies and methods to optimise the vital functions of the skin and the body. In close partnership with international cosmetic laboratories and medical professionals, we have developed a comprehensive range of Derma treatments that meet the highest medical standards.

In addition to a wide range of non-invasive, cosmetic treatments, we also offer a variety of medical services that have been developed in close collaboration with our Lanserhof doctors and selected dermatologists. Each treatment is individually tailored and continuously further developed by our Derma experts to suit the specific needs of your skin. We also take into account the duration of your stay at Lanserhof so we can ensure you leave with the best HEALTHY SKIN and brimming with NEW ENERGY. Our pursuit of innovation is what drives us to continually drive our treatments forward so we can offer you a holistic and innovative experience.



LANSERHOF LAB SIGNATURE FACIAL

Our Lanserhof Signature treatment is a deep-acting treatment combining highly active ingredients from the vegan Lanserhof Lab Skincare range. The combination of acupuncture massage, bio-cellulose masks and final care massage gives your skin the ultimate natural Lanserhof glow.

- ✓ Intensively nourishes the skin
- ✓ Relaxes the skin and boosts the lymphatic system
- ✓ Activates the skin's own resilience and cell generation

80 min.

AUGUSTINUS BADER REPAIR FACIAL

Treatment combination from the innovative TFC8® complex, consisting of amino acids and vitamins to stimulate the skin's own repair mechanisms, combined with our specially developed face-lifting massage.

- ✓ Boosts the skin's natural potential for regeneration
- ✓ Improves skin tone and counteracts lines and fine wrinkles
- ✓ Nourishes and protects the skin

90 min.

DERMA EPIDERMAL FACIAL

Intensive moisturising and cell-firming treatment for tired and dry skin through the targeted use of enzymes.

- ✓ Removes dead skin cells
- ✓ Opens up pores to absorb active ingredients
- ✓ Smooths lines and wrinkles and gives the skin elasticity and vitality

70 min.

INTENSIVE EYE TREATMENT

Exclusive treatment to reduce swelling around the eye area using specific lymphatic or glass cupping drainage combined with an intensively nourishing eye mask.

- ✓ Soothing moisturisation in sensitive areas of the face
- ✓ Reduces swelling around the eye area
- ✓ Refreshes with a cooling eye mask

50 min.

MBR CYTOLINE VITAMIN C POWER FACIAL

This revitalising collagen treatment combines a skin-smoothing enzyme peeling with activating vitamin C serum and finishes with a collagen algae mask.

- ✓ Vitamin C gives new energy and a natural glow
- ✓ Removes dead skin cells, giving a rosy, fresh glow
- ✓ Refreshes, leaving skin feeling soothed and tingly

75 min.

MBR PURE PERFECTION 100 LIQUID SURGERY FACIAL

Revitalising oxygen treatment where 100% pure active ingredients improve the skin's intake of oxygen and stimulate deep-acting cell renewal and regeneration. Effective on demanding, tired and sagging skin.

- ✓ Natural lifting without a scalpel
- ✓ Smooths and revitalises the skin for a fresher, firmer look
- ✓ Intensively nourishes and moisturises, revitalising every layer of the skin

75 min.

PHARMOS NATUR LOVE YOUR AGE FACIAL

A soothing and effective combination of anti-aging, detox and deep relaxation. The main components of this treatment are its carefully selected natural ingredients. In addition to unique use of aloe vera fresh leaves, Frankincense, avellana, argan, reishi, dwarf peach and hyaluronic acid work together in synergy to nourish, regenerate and revitalise the skin.

- (1) Intensively smooths out wrinkles and firms the skin
- (2) Skin has a new luminosity and radiance
- (3) Regenerates after invasive surgery (for example, laser)

70 min.

UNIVERSKIN MEDICAL SKIN ANALYSIS AND CONSULTATION

Individual consultation in which the condition and needs of your skin are determined using advanced skin analysis in order to then mix and create an individual formula for you.

45 min.



JETPEEL™ TM FACIAL

Multi-stage JETPEEL™ facial treatment, combines deep cleansing, exfoliation, lymphatic drainage, massage and pH management with oxygen and hydroporation.

- ✓ Improvement of the skin's texture
- ✓ Stimulates blood circulation and skin activity
- ✓ Immediate smooth, fresh complexion and natural glow

JETPEEL™ Deluxe incl. massage

90 min.

JETPEEL™ can be used on the face, neck, décolleté and hands in all seasons and at any time.

MICRODERMABRASION & ULTRASOUND TREATMENT

Combination of two technologically advanced patents, classic microdermabrasion as an intensive mechanical peeling with state-of-the-art ultrasound technology for deep-acting effect and stimulation of the lymphatic flow.

- ✓ Improves and polishes the skin's texture
- ✓ Activates cell turnover
- ✓ Gives the skin elasticity

60 min.

REFRESHING BOOSTER INCL. TDA

This proven hydrobooster treatment is enhanced by innovative TDA technology and rounded off with a deep-acting moisturiser with a highly effective collagen fleece.

- ✓ Regenerates the skin through highly effective active ingredients
- ✓ Provides intense moisture
- ✓ Improves the elasticity of the skin

75 min.

SMART ANTI-AGING WITH OXYGEN

Innovative combination of microdermabrasion and ultrasound technology supplemented with vitamin C to actively counteract the loss of collagen and elastin.

- ✓ Reduces the signs of aging
- ✓ Stimulates collagen and elastin production
- ✓ Promotes the elasticity and firmness of the skin

70 min.

STK MULTILINE TREATMENT

A highly effective, non-invasive lifting method for the face, neck and upper arms through targeted, almost pain-free heat impulses, combined with high-frequency ultrasound.

- ✓ Stimulation of the body's own collagen synthesis
- ✓ Tightens the skin for up to a year
- ✓ Immediately younger and fresher appearance

Neck	Upper lip
Forehead	Décolleté medium
Below and to the side of the eyes	Décolleté small
Cheeks	

TDA BIO BTX

New and innovative BIO BTX treatment routine inspired by dermatological Botox procedures completely syringe-free. A unique combination of active ingredients is channelled into the skin using Dermadrop TDA for an instantly smooth and rejuvenating effect.

- ✓ Long-lasting improvement of mimic lines and saggy skin areas
- ✓ Visible tightening and beautifully defined facial contours
- ✓ Even complexion

2x TDA BIOBTX TREATMENT (incl. peeling – 1x per week) 40 min.

For a lasting result, applications every three days are recommended. Treatment regions can be face, neck, décolleté and hands.

TDA CARE 2GO

Classic TDA treatment comprises selected active ingredients for individual skin types that are atomised with oxygen and applied.

- ✓ Deep-acting through high oxygen partial pressure
- ✓ Visibly reduces mimic lines
- ✓ Provides optimum care for the individual needs of the skin

40 min.

TDA SPECIAL

Can be booked as a supplement for special skin areas

20 min.

TDA HAND AND NAIL TREATMENT

Special hand and nail treatment using TDA technology Comprehensive restorative care for beautiful and healthy nails.

- ✓ Reduces hyperpigmentation and age spots on the hands
- ✓ Regenerates and tightens the skin with lasting effect
- ✓ Supports nail growth and smoothes the surface of the nail

30 min.





“SIGNATURE” LANSERHOF ESSENTIAL SALT THERAPY

Lanserhof Signature treatment combines specially developed massage techniques with salt from the Dead Sea and with a bath and prevents tension, hardened skin and allergic reactions.

- ✓ Supports the metabolism, drainage and body regeneration
- ✓ Gives a relaxing feeling of well-being
- ✓ Activates and improves the exchange of fluid between tissues

50 min.

ALKALINE, ALGAE, DETOXIFYING OR FIRMING BODY WRAP

Treatment method comprises intensive aroma wrap based on essential oils, which are used particularly effectively with sensitive skin and reddened skin.

- ✓ Has a detoxifying, draining and fat-reducing effect
- ✓ Increases the elasticity of the skin tissue
- ✓ Supports the acid/alkali equilibrium in the body

ARM WRAP 30 min.

ARM, LEG & ABDOMEN WRAP 40 min.

ABDOMEN WRAP 40 min.

LEG WRAP 30 min.

BUST-UP TREATMENT

This treatment uses state-of-the-art technology to enhance the elasticity of the bust. A biotechnologically created ingredient, similar to the female hormone oestrogen, in a preparatory peeling, a toning serum and an algae mask (bdb).

- ✓ Improves the shape and elasticity of the breast
- ✓ Targeted algae massage tightens the neckline
- ✓ Emphasises the connection between the breast and pectoral muscles

45 min.

LYMPHFLOWTATION

Lymphflowtation is an instantly effective treatment against acute lymphatic obstruction, for example after a long journey. Comprised of cool masks that stimulate the lymphatic system, a lymphatic wrap and an intensive bath in the massage tub.

- ✓ A feeling of lightness
- ✓ Firming effect
- ✓ Improves the contours
- ✓ Immediately increases well-being

60 min.

DETOX BODY SCRUB

We provide this gentle peeling treatment as an alternative to salt therapy. Enriched with selected essences, it is developed with purely natural substances to detoxify the body. Particularly suitable for sensitive skin as an alternative to salt therapy.

50 min.

HOT SHELL MASSAGE

Relaxing massage with original hot mussel shells and relaxing oil to promote inner balance, supplemented by Sylt salt to stimulate cell regeneration.

- ✓ Has a deeply relaxing effect
- ✓ Calms and lightens body and soul
- ✓ Activates cell regeneration in the body

30 min.

REVITALISING BODY TREATMENT

This treatment comprises customised body masks that enhance the skin's inherent regenerative ability and protective function and through the use of essential oils increase the resilience and resistance of your epidermis.

- ✓ Moisturising, vitalising and remineralising
- ✓ Enhances the skin's regenerative ability and protective function
- ✓ Increases the resilience and resistance of the epidermis

50 min.



EMSCULPT®

Innovative treatment methods are based on electromagnetic impulses, which are delivered into the target muscle, which at the same time actively supports muscle development and promotes fat loss.

- ✓ Improves the contour of the body
- ✓ Increases muscle density and volume
- ✓ Activates fat burning

Abdomen

Buttocks

Inner thigh

Outer thigh

Lower leg

Upper arm triceps
and biceps

ENDOSPHERÈS

ENDOSPHERÈS treatments combine vibrations and pressure to stimulate the skin and boost blood circulation

- ✓ Combats the reduction of cellulite
- ✓ Firms the connective tissue
- ✓ Reduces fat and water retention
- ✓ Stimulates the metabolism and detoxification

Partial body application

Abdomen, legs, buttocks

40 min.

Abdomen, waist or upper arms

40 min.

**SHYLD BODY CONTOURING™
(RADIO FREQUENCY TREATMENT)**

A combination of shock waves, hyperthermia and lymphatic drainage developed by doctors and scientists

- ✓ Counteracts cellulite and stretch marks
- ✓ Reduces the body circumference
- ✓ Firms up lax skin tissue

50 min.

INDIVIDUAL SERVICES

- | | |
|--------------------------|----------------------------|
| Algae mask | Manicure natural* |
| Algae mask hands | Medical foot care natural* |
| Eye mask | Meso Soft |
| Eyebrows | Nail painting extra |
| New shape | Paraffin mask |
| Collagen fleece | Anti-Age Hands |
| French polish hands | Paraffin Anti-Age Feet |
| French polish feet | Pedicure with Shellac* |
| Face lymphatic drainage* | TDA Beautiful Hands* |
| Face massage* | |
| Jet Cooler Softener | |

DEPILATION

- | | |
|-------------------|--------------|
| Underarms* | Full leg* |
| Full face* | Bikini area* |
| Legs to the knee* | Back* |

TINTING

- Eyebrows
- Eyelashes

Please note that these services can only be booked as an add-on together with another application, unless they are marked with an *.

LANSERHOF LAB

Inspired by the “Lanserhof Glow” you get after a stay with us, our new facial care range combines medical expertise with traditional naturopathy. With highly effective detox and anti-aging ingredients for all skin types, the Lanserhof Skincare Routine offers an effective, radiant and healthy skin care, which is an ideal addition to our spa.



Find out
more here!

AUGUSTINUS BADER

AUGUSTINUS BADER focuses on revolutionary approaches and highly effective products. Known for its patented TFC8® technology, it helps skin regenerate and build up its own repair mechanisms, resulting in radiant and revitalised skin.

MBR

MBR is continually researching even more effective ingredient systems for demanding skin care on the frontiers of medicine. Its individual treatments are tailored to the different needs of the skin and follow the concept of “OPEN - SUPPLY - CLOSE”, resulting in deep regeneration and rejuvenation of the skin.

SKINCEUTICALS

SkinCeuticals is a pioneer in scientifically-based skin care with ground-breaking anti-aging products, which use highly concentrated antioxidants and pure active ingredients to effectively correct and prevent the signs of aging.

UNIVERSKIN

UNIVERSKIN is a unique, personalised skin-care method catering to the individual needs of each skin type, with a solution to solve every skin problem. It was developed by an inter-disciplinary team of scientists, dermatologists, surgeons, biologists and chemists.

PHARMOS NATUR

Using 100% pure active ingredients based on fresh aloe vera PHARMOS Natur offers a specially developed anti-aging care ritual of PURE NATURE on the skin, thereby supporting an even facial skin, radiantly beautiful eyes and a toned body.

PROF. STEINKRAUS

The Prof. Dr. Steinkraus brand is a German skin care brand based on the TetCode4® formula. This innovative skin care formula involves a carefully coordinated interplay of classic vitamins, niacin, botanicals and biomimetics that cleanse, nourish, protect, regenerate and improve the structure of the skin. With a clear focus on combining nature and science, it offers a new approach to skin care.

EMSCULPT®

EMSCULPT® is the only non-invasive method for building muscle whilst also burning fat. Using HIFEM® technology, electromagnetic pulses are generated, triggering up to 20,000 artificial muscle contractions per sitting, which strengthen and increase the muscle fibres and release fatty acids to reduce fat.

JETPEEL™

An advanced and non-invasive skin treatment that aims to cleanse, peel, hydrate and regenerate the skin. Using a high-speed jet stream, special solutions are applied to the skin whilst dead skin cells and impurities are removed.

MICRODERMABRASION & ULTRASOUND

Microdermabrasion in combination with ultrasound is an advanced cosmetic treatment method to rejuvenate and improve the skin. This technology combines two different methods to effectively improve the structure and condition of the skin.

SHYLD

Unique clinically tested concept developed by doctors and scientists to counteract and prevent cellulite and stretch marks. The therapy method combines shock waves, hyperthermia and lymphatic drainage.

STK

Effective, non-invasive lifting method and pain-free alternative to surgery without the downtime. Targeted pulses of heat stimulate the body's own synthesis of collagen, resulting in a tightening of the tissue. High-frequency ultrasound causes irritation in different layers of the skin, which immediately tightens the skin and further strengthens the connective tissue.

TDA

TDA stands for "transdermal application", the world's first pain-free and non-invasive therapy system. TDA treatments enable the upper layers of the skin to gently open for the transdermal delivery of selected cell-generating active ingredients, e.g. anti-aging active ingredients using highly concentrated oxygen down to the deepest layers of the skin.



**LAN
SER
HOF**